

ABSTRACT OF THE DISCLOSURE

An offset adjustment signal is recorded in a test recording area provided on the inner side of a disc while
5 modifying the level of a driving signal for offset detection that is supplied to a tilt adjustment coil. Thereafter, an operation to play back the offset adjustment signal is performed, and a β value is detected from an RF signal that is played back. When a signal is recorded for which the detected
10 β value reaches a maximum, the level of the driving signal supplied to the tilt adjustment coil is set as an offset value. Tilt control is then performed by adding the offset value to a tilt signal for performing tilt control.